



## What to Expect at a Meet

Swim meets are a great opportunity for the whole family to spend time together as well as with all the other families on the team. Some guidelines geared to help you through your first couple of swim meets are included below.

## What to Bring to a Swim Meet

1. Swimsuit, Stingrays cap, and goggles. Having an extra suit, cap, and pair of goggles packed is always a good idea. These items seem to rip and break at the most inopportune times!
2. Towels – wet bodies everywhere so pack at least two.
3. Something comfy for your swimmer to sit on in the bullpen area, such as a sleeping bag, old blanket, or chair.
4. Something comfy for you to sit on. Most parents bring camping chairs.
5. Several changes of clothes such as sweatpants, sweatshirts, and t-shirts. Swimmers need to stay warm between events and there is nothing worse than pulling on cold, soggy sweatpants.
6. Entertainment for the swimmers such as games, cards, coloring books, books, ipods, Gameboys, etc.
7. Small cooler of healthy snacks and drinks for away meets. For home meets, including the blue & white meet, our concession stand will offer the following: Chik-Fil-A sandwiches & nuggets, pizza slices, hot dogs, buttered noodles, nachos, apple slices, chips, candy, powerade, water and soda. You are welcome to bring your own snacks, too. All away meets should also have some type of concession stand. Please note that 100% of the proceeds from the Oxford Mill concession stand are used to support our swim team.
8. Sharpie marker.

### **\*Special Parents' Note**

The temperatures can be quite warm this time of year. Make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly!

## Before the Meet Starts

**Check your swimmers events.** Typically, all swimmers will have their events written on their arm the morning of the swim meet (at practice). Make sure that they have each event number, heat, and lane written on their arm in “permanent” (i.e., waterproof) marker, like a Sharpie. This helps your swimmer remember what events he or she is swimming, what event number to listen for, and what lane to get lined up behind. Make sure you write down the same thing for you to refer to during the meet (*hint: email your swimmer's events to yourself*).



**Arm Writing Code.** This is an example of how it will look on your child’s arm:

E	H	L	
1	1	4 (2)	FR Relay
13	1	2	25 FR
35	2	4	25 BK

“E” is the *event* number

“H” is the *heat* number

“L” is the lane number

(#) after the lane number indicates position in the relay

“BK” means they swim the *back stroke*

“BR” means they swim *breast stroke*

“FR” means they swim *freestyle*

“FLY” means they swim *butterfly*

*The order of events is listed at the end of this document.*

**Arrive at the pool at least 15 minutes before the scheduled warm-up time begins.** Warm-up times for home meets are usually at 4:15 PM so swimmers should arrive at 4:00 PM. Warm-up times for away meets are usually at 4:45 PM so swimmers should arrive at 4:30 PM. Parking is a challenge so the earlier you arrive the better.

**Find a place to put your swimmer’s “stuff.”** You will need to find your swimmer’s bullpen area. At home meets this is usually on the side of the pool opposite the parking lot.

**Help your swimmer find the coaches.** Look for coaches on deck to let them know you are at the meet. It is also important to check in with the bullpen parent for your swimmer’s age group.

**Swimmers report to the pool and/or coach for warm-ups.** It is very important for all swimmers to warm-up with the team. Swimmers’ bodies are just like cars on a cold day; they need to get the engine going and warmed-up before being able to go all out.

**Swimmers return to the bullpen after warm-ups.** Time to dry off, put on warm clothes, and go to the bathroom.

**The meet will usually start at 5:30 PM.** Note: The Blue & White Meet will start at 5:00 PM.

## During The Meet

**Know what events your swimmer is competing in.** It is important for the swimmer to know what event numbers they are swimming. For the swimmers 10 and under, the bullpen parent will make sure they get to their assigned event and lane.

**Listen for event announcements.** Upcoming events are usually announced over the loudspeaker, asking swimmers to report to the starting blocks or to the “bullpen. “ Swimmers should report with cap and goggles. Example: “Event #26, 10-Under Boys, 50 freestyle, first call to report to the starting blocks.”

**Report to the blocks.** The Deck Manager will check to make sure that swimmers are lined up in the right order. However, it is always a good idea to have your swimmer check in with the lane timers to make sure they are in the right lane and heat.

**Swimmers, swim your race.** The swimmer’s goal should be to **do their best and improve their time for that event.** A swimmer who finishes last in a heat, but has dropped time has had a successful race.



## *Oxford Mill Swim Team - What to expect at a Meet*

**Check in with the coaches.** Time to see how all that hard work in practice is going to pay off! After each race, your swimmer should go immediately to their coach. Generally, the coaches follow these guidelines after a race:

1. Positive comments or praise
2. Suggestions for improvement

**Check in with parents.** Parents should follow these guidelines after your swimmer's race:

1. Tell your swimmer how great they did! The coaching staff will be sure to discuss stroke technique with them. You just need to tell your swimmer how proud you are of their effort.
2. Take your swimmer back to the bullpen and relax, find something to eat, and wait for next event to be called.

**Repeat above steps until all events have been completed.**

**Final check in with the coaches before heading home.** When a swimmer has completed all of his events for the day, he is able to go home. Be sure, however, to check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he is not there.

**Ask for help!** If during any of this you feel lost or confused, be sure to ask other Stingray parents for help! We have all had our "first meets" and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.



## Order of Events — Dual Meet

### RELAY EVENTS (FREE & MEDLEY)

1. 6 & Under Girls 100 Free Relay
2. 6 & Under Boys 100 Free Relay
3. 7–8 Girls 100 Med. Relay
4. 7–8 Boys 100 Med. Relay
5. 9-10 Girls 100 Med. Relay
6. 9-10 Boys 100 Med. Relay
7. 11-12 Girls 200 Med. Relay
8. 11-12 Boys 200 Med. Relay
9. 13-14 Girls 200 Med. Relay
10. 13-14 Boys 200 Med. Relay
11. 15-18 Girls 200 Med. Relay
12. 15-18 Boys 200 Med. Relay

### FREESTYLE EVENTS

13. 6 & Under Girls 25 Freestyle
14. 6 & Under Boys 25 Freestyle
15. 7–8 Girls 25 Freestyle
16. 7-8 Boys 25 Freestyle
17. 9-10 Girls 25 Freestyle
18. 9-10 Boys 25 Freestyle
19. 11-12 Girls 50 Freestyle
20. 11-12 Boys 50 Freestyle
21. 13-14 Girls 50 Freestyle
22. 13-14 Boys 50 Freestyle
23. 15-18 Girls 50 Freestyle
24. 15-18 Boys 50 Freestyle
25. 7-8 Girls 50 Freestyle
26. 7-8 Boys 50 Freestyle
27. 9-10 Girls 50 Freestyle
28. 9-10 Boys 50 Freestyle
29. 11-12 Girls 100 Freestyle
30. 11-12 Boys 100 Freestyle
31. 13-14 Girls 100 Freestyle
32. 13-14 Boys 100 Freestyle
33. 15-18 Girls 100 Freestyle
34. 15-18 Boys 100 Freestyle

### BACKSTROKE

35. 6 & under Girls 25 Backstroke
36. 6 & under Boys 25 Backstroke
37. 7 – 8 Girls 25 Backstroke
38. 7 – 8 Boys 25 Backstroke
39. 9–10 Girls 25 Backstroke
40. 9-10 Boys 25 Backstroke
41. 11-12 Girls 50 Backstroke
42. 11-12 Boys 50 Backstroke
43. 13-14 Girls 50 Backstroke
44. 13-14 Boys 50 Backstroke

45. 15-18 Girls 50 Backstroke

46. 15-18 Boys 50 Backstroke

### INDIVIDUAL MEDLEY EVENTS

47. 7 – 8 Girls 100 Indiv. Medley
48. 7 – 8 Boys 100 Indiv. Medley
49. 9–10 Girls 100 Indiv. Medley
50. 9-10 Boys 100 Indiv. Medley
51. 11-12 Girls 100 Indiv. Medley
52. 11-12 Boys 100 Indiv. Medley
53. 13-14 Girls 100 Indiv. Medley
54. 13-14 Boys 100 Indiv. Medley
55. 15-18 Girls 100 Indiv. Medley
56. 15-18 Boys 100 Indiv. Medley

### BREASTSTROKE EVENTS

57. 7 – 8 Girls 25 Breaststroke
58. 7 – 8 Boys 25 Breaststroke
59. 9–10 Girls 25 Breaststroke
60. 9–10 Boys 25 Breaststroke
61. 11–12 Girls 50 Breaststroke
62. 11–12 Boys 50 Breaststroke
63. 13–14 Girls 50 Breaststroke
64. 13–14 Boys 50 Breaststroke
65. 15–18 Girls 50 Breaststroke
66. 15–18 Boys 50 Breaststroke

### BUTTERFLY EVENTS

67. 7 – 8 Girls 25 Butterfly
68. 7 – 8 Boys 25 Butterfly
69. 9–10 Girls 25 Butterfly
70. 9–10 Boys 25 Butterfly
71. 11–12 Girls 50 Butterfly
72. 11–12 Boys 50 Butterfly
73. 13–14 Girls 50 Butterfly
74. 13–14 Boys 50 Butterfly
75. 15–18 Girls 50 Butterfly
76. 15–18 Boys 50 Butterfly

### FREESTYLE RELAY EVENTS

77. 7 – 8 Girls 100 Freestyle Relay
78. 7 – 8 Boys 100 Freestyle Relay
79. 9–10 Girls 100 Freestyle Relay
80. 9–10 Boys 100 Freestyle Relay
81. 11–12 Girls 200 Freestyle Relay
82. 11–12 Boys 200 Freestyle Relay
83. 13–14 Girls 200 Freestyle Relay
84. 13–14 Boys 200 Freestyle Relay
85. 15–18 Girls 200 Freestyle Relay
86. 15-18 Boys 200 Freestyle Relay